

MEDICAL MUSEUM SCIENCE CAFÉ

TUESDAY, NOVEMBER 13, 2018 6-7 PM

Reigniting the Stoke: The Psychological Effects of Surf Therapy

Activity-based programs, such as surf therapy, are often used to improve psychological symptoms; however, research evaluating such programs is only beginning to emerge. Join Kristen Walter, Ph.D., of the Naval Health Research Center in San Diego to review the state of science of surf therapy and discuss scientific, practical, and clinical implications of this intervention approach for military personnel and veterans with post-traumatic stress disorder, depression or sleep problems.



NATIONAL MUSEUM OF
HEALTH AND MEDICINE

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